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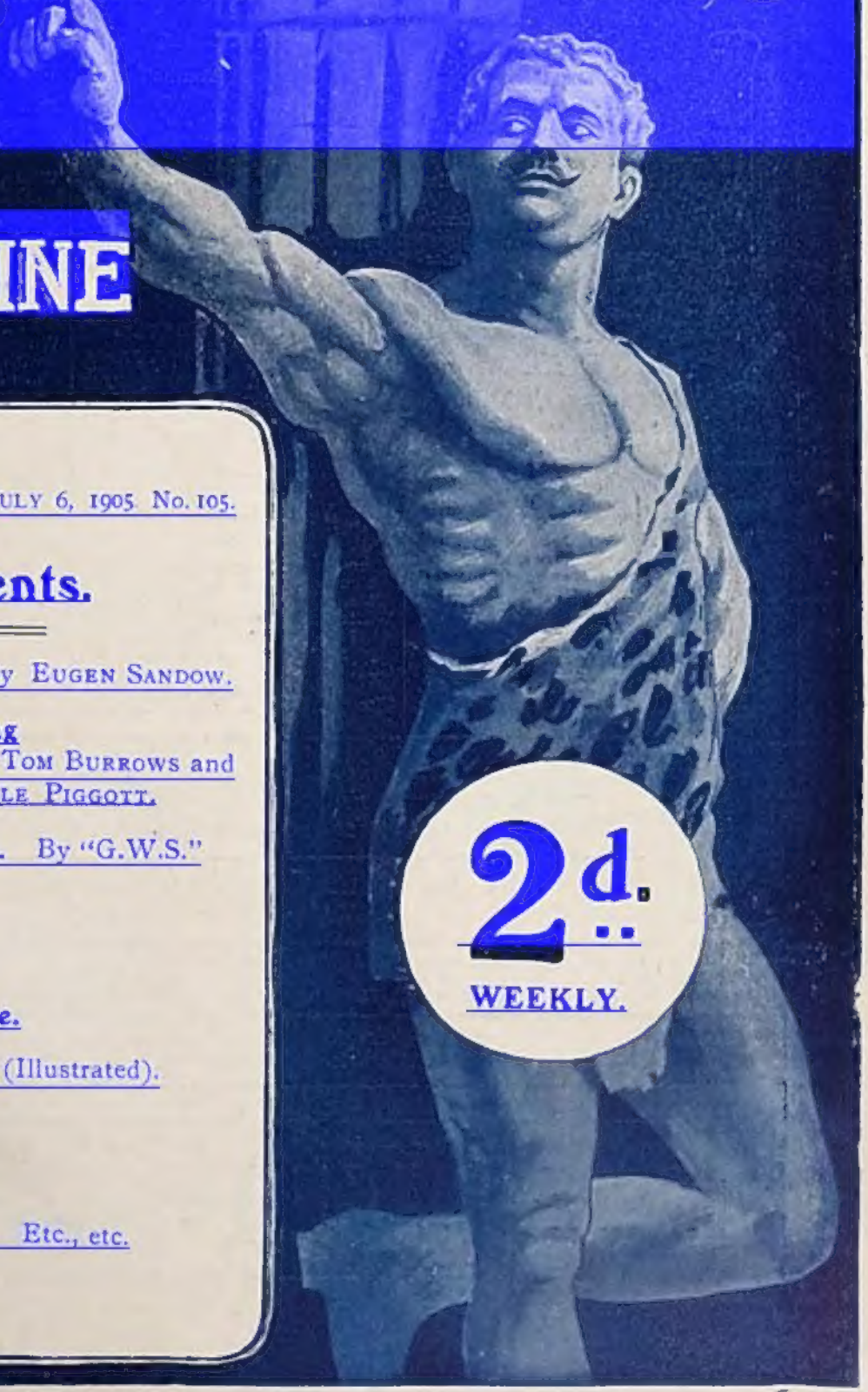

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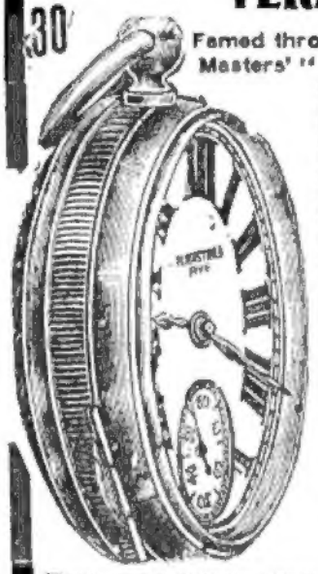

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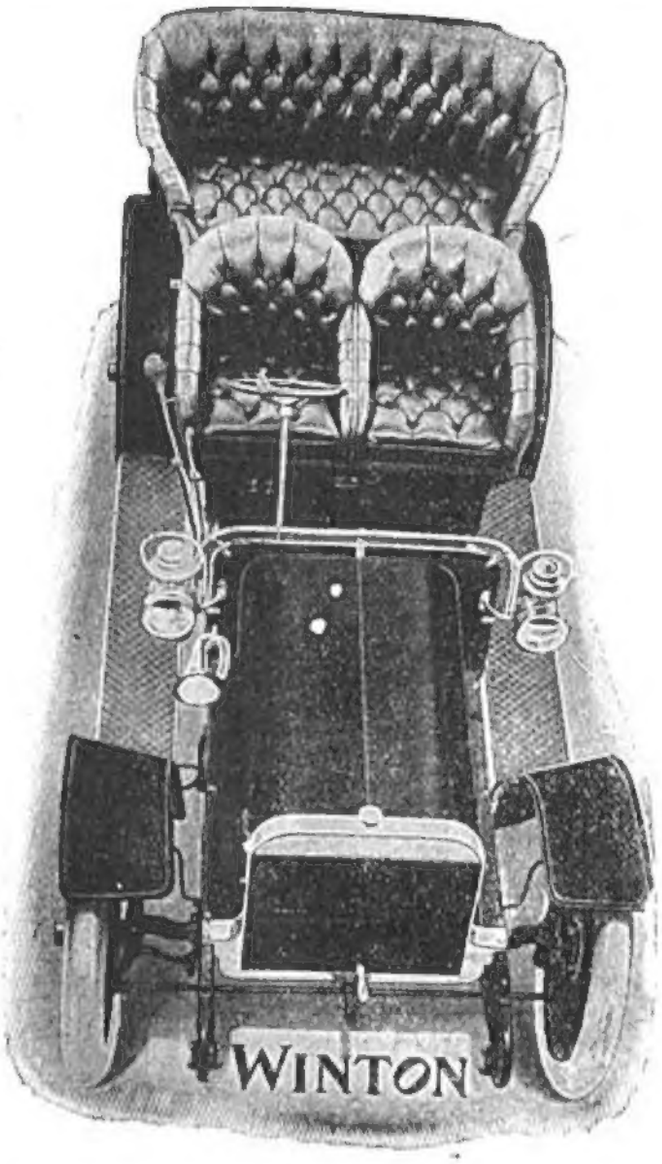

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Vol. XV. (New Series). JULY 6TH, 1905. No. 105.

Physical Culture.—How to Live.—III.

By EUGEN SANDOW.

I AM afraid I shall have already exhausted the patience of my readers by devoting so much space to the question of the ideal life, but when I had run my allotted space last week there were still one or two points which required discussing, but I promise you I will be as brief as possible commensurate with the importance of the subject.

I think a few words regarding that part of the day devoted to exercise requires some reference. It is very necessary and essential that the morning's systematic exercise should be honest work. There must be no shirking. The mind must be wholly concentrated on the work in every movement, and sufficient energy must be displayed to cause you to finish exercising warm, if not perspiring and pleasantly tired for the time being. You may think the latter a curious way of starting yourself for your day's labour, but be assured the effect is entirely the opposite to what you would expect, for instead of making you feel lacadaisical all day, the whole effect is exactly the reverse.

After exercise, always wait a minute or so before getting into your bath, in order to allow the heart to resume its normal action, but not long enough to allow the body to cool down. A luxury which everyone does not possess, but which can be home-made at very small cost, is a bath gown of Turkish towelling. There need only be sufficient shape

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in it to encompass the body and arms, and it will obviate the necessity for drying the body in sections, which is always liable to cause a chill by reason of the fact that whilst you are rubbing one portion, the other is getting cold. If a rub down is necessary, let it be as brief and vigorous as possible, and then get into your clothes quickly, after which you should be fit to encounter the day's duties with equanimity.

I cannot emphasise too strongly the point about exercise being downright honest, hard work, because it is that which constitutes the distinction between recreative and systematic exercise. On the Saturday afternoon or other day when recreative exercise is indulged in, the mind should not be set on the muscular work at all. Competition, sport, study, conversation, or curiosity should fully occupy the mind, leaving the body movements quite mechanical, unconscious to the body, enjoyable to the mind. Should a walk or a cycle ride be indulged in, the country passed through and the various archæological or historical features, as well as the topography of the district should be studied or recalled. In the search for pleasure, the walker or cyclist may find geology and botany congenial subjects, and what is almost invaluable is one pleasant companion with similar tastes to your own.

One day a week should be saved from business for health reasons. It is necessary after the mental or body strain, but it must not be spent indoors or loafing. That is not at all conducive to mental relaxation. It must be spent in the open air, and, when possible, with change of scene and atmosphere.

With regard to clothing, it should be serviceable, woollen texture next the skin, whilst bed-clothes should be warm but not heavy. Despite the insistence, not only of followers of physical culture, but of the medical profession in its entiretv and all who recognise the value and necessity of hygiene for a healthy existence, it is really marvellous the number of people who still insist in sleeping with closed windows. It seems as though the false idea that such a course as passing the night in a room with the window open must of necessity mean catching cold will never be entirely dispelled from the minds of the English-speaking race. It is sincerely to be hoped that the newly-formed National League of Physical Education and Improvement, to which reference is made in another page, and which is but another step towards my ideal, will make a point of instilling into the minds of the poorer classes the value of fresh air, for they are the worst offenders, as a visit to any of the thickly-populated districts will prove.

There is one other thing to which I should like to draw attention before concluding these remarks, and that is with regard to the general "tone" of the internal organs. Should there be any constipation, it would be as well to start off with a purgative twice a week, but this you will soon be able to discontinue, for exercise will quickly make the bowels regular. You should never allow them to become sluggish, or your liver overladen. A sallow skin must never be allowed. A clear skin and a bright eye are a sign of health.

In the foregoing remarks I have tried to give you as broad a view as I possibly can of what I consider to be a healthy habit of life. It may not be possible, of course, for every reader of these lines to adopt in their entirety the principles laid down, but by following as closely as possible the *régime* which I have mapped out, will enable one to cultivate and develop that life physical upon which the life mental and moral is built.

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The Art of Wrestling.

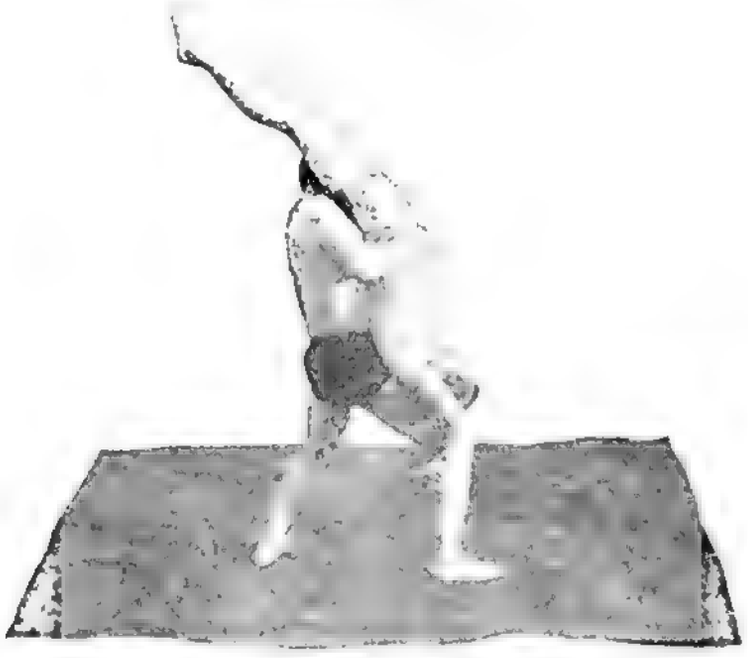
By TOM BURROWS.

EDITED BY F. NEVILLE PIGGOTT.

—V.—

[This interesting and unique series of articles, which commenced in our issue of June 8th last, will be found to contain much valuable advice for the beginner, as well as some most useful hints for those who have already mastered the art.]

FIGURE 17.



Illustrates a throw from a kneeling position, and the method of applying the "leg stop."

WE now come to the position shown in figure 17, which illustrates a move in what is commonly known as ground work. A casual glance at the positions would suggest that the man on top was holding an advantage and the more likely to gain a fall. But should you at any time be in the position of the one underneath, you may easily succeed in turning what little advantage your opponent possesses to your own account.

I think I have before mentioned what a strong point of attack your opponent's elbow is, and in the position now under discussion we find it fully exemplified. by catching his opponent's elbow with the left hand, at the same time rolling him quickly over with your shoulders. Not only is the elbow grip a useful means

FIGURE 18.

Lifting from a waist hold, and keeping a man in this position, will soon tire the man so held and make him easy prey.

Here we have a man in an apparently awkward position, but, if he has made a study of what, for a better phrase, I may term "elbow work," he will know how to turn it into an advantage merely of offence, but also defence. It is really surprising how, by gripping your opponent's elbow, you may not only save yourself, but also often gain a fall.

Yet another method of attack by

means of the elbow is depicted in figure 18, and is one which very closely resembles the system adopted in Ju-Jitsu, as it is the immense leverage brought to bear upon your opponent's forearm and elbow which brings him to the ground, bring his arm under yours so that you are able to throw all your weight on to his elbow. Now put in a side twist, and the fall is almost inevitable.

There is a means of countering this hold, that is if you are quick enough, and

FIGURE 19.

A very realistic picture of an elbow and hip lock.

although once there, of course, the situation at once changes.

In order to gain a fall by this wrist lock, it is necessary to first secure a good grip of your opponent's right wrist with your right hand, and, turning smartly, that is by gripping the attacker round the waist, and by means of that sharp turn when you have lifted his feet from the mat, throw him backwards and downwards.

The next photo. (figure 19) gives the

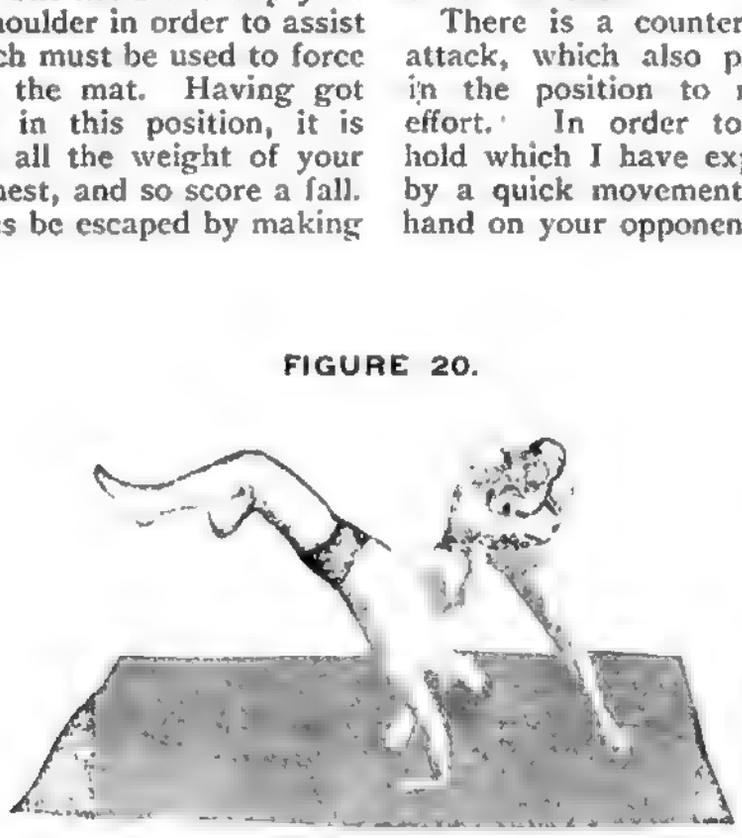
position which should be gained as the result of the hold shown in the preceding figure. From this it will be seen that, whilst turning your opponent over, you release his right hand and slip your right on to his shoulder in order to assist the pressure which must be used to force his shoulders to the mat. Having got your man down in this position, it is necessary to put all the weight of your body on to his chest, and so score a fall. This may at times be escaped by making a "bridge," which even the merest beginner knows, or should know, and consists of using the back of your head and hips to form an arch. From this position you should be able to roll over and so escape being pressed down.

Figure 20 gives a capital illustration of both attack and defence, for which the opportunity may frequently arise. The attacker is placed at the back of his opponent, and turning sideways—say to the right—puts his left arm across his man in front and his right arm behind. In this way the hands should meet, and doing so the wrist is gripped, and there should be no difficulty in getting him off his balance and throwing him with ease on to his back.

There is a counter to this mode of attack, which also places the attacker in the position to make yet another effort. In order to escape from the hold which I have explained, you must, by a quick movement, place your right hand on your opponent's head and press sideways and downwards. This will prevent your opponent obtaining sufficient leverage and cause him to relinquish his hold of your middle. But should he be smart, he will at once resort to another position which presents itself. By slipping his left arm, he will place it round the right thigh, and the right arm at the back, which will give him a good "crath" hold, and enable him to once more destroy his opponent's balance and bring him to the mat to score a fall.

(To be continued.)

FIGURE 20.



A wonderful picture, showing what may be done if the hip lock is successful

A Plea for Athletics.

The following excellent article over the signature of "G. W. S." appeared recently in *The Sporting Life*.

"The time has arrived when a strong protest should be made against the time and money wasted at cricket and similar games. The nation is not serious enough; it thinks more of pleasure than of work; more of recreation than of religion."—*Weekly Religious Paper.*

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My dear old girl, how truly splendid!
—Norman Gale.

Swift o'er the mead with lightning speed
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And hark! the cries of victory rise,
For the gallant team that's won.

The outburst in the religious periodical, part of which is quoted at the head of this article, is quite in keeping with that spirit of Puritanism which would gladly abolish all the manly sports and pastimes of the people, not because they have any inherent vices, but because they afford pleasure to the participants. It was so, as we are assured by Macaulay, during the Commonwealth period, and it would be so again if we allowed the old ladies of both sexes to control the legislative machine. It is not for me to deny that cricket is played to an enormous extent throughout the British dominions. Where you find Britishers, there you find cricket paraphernalia, and the historian of the future, should printed records of to-day be lost, would be able to determine the geography of the British race by unearthing the appurtenances of what has long been regarded as the King of English games. In this country it is all-pervading. It is played in the hamlet, on the village green, in the towns and cities, culminating with Lord's, the Mecca of all who play the game.

THE WHY AND THE WHEREFORE.

To what end is all this cricket played? What useful purpose does it serve? There are not wanting those who assure us in season and out of season, that the British people are devoting too much attention to play and giving too little time to business, with the consequent result that as a race we are being gradually removed from the van of the civilised nations of the earth. We read until we are tired of the weary interation of the same statements, clothed in the same words, that the only hope for us is the heroic determination to devote our whole attention to commerce, and to see to it that the time habitually wasted on cricket and other games shall be a thing of the past. What a cheerful suggestion! How it must appeal to the loose-jointed, lusty athletic youth of to-day. What an alluring prospect for the graduate who has just gone down to look along the vista of years and see nothing but the grey drab of a struggle for wealth, unrelieved in its sombreness by occasional devoirs at the shrine of sport. It will not do. We cannot forget that in the golden age of Greece, gymnastics and other forms of physical recreation were eagerly pursued. Why? For the sake of harmony—the harmony of the body and the mind—and while the Greeks kept steadfastly this ideal before them, and would not be tempted from their endeavours to realise it, the nation retained its greatness. The

decadence of games synchronised with the retrogression of the nation, and so it would be in this country. As it was, the object of the Greek in his pursuit of games to produce harmony of the whole being, so it is the object of those who indulge in recreation to-day to counteract the high pressure under which modern conditions compel us to live. It is a very comfortable doctrine for those who toil not nor spin, but spend lives of luxurious ease, that we are going the pace too rapidly in sport, and that it is imperative there should be an immediate alteration in this respect, but it is not a doctrine which will stand the test of practice, for it is hopelessly contradicted by experience.

VALUE OF PHYSICAL DEVELOPMENT.

Those of us who hold as an article of faith that physical development is equally as important as mental equipment, are delighted to read that cricket, golf, boating, lawn tennis, football, and kindred sports have such a hold upon the masses of the country. It is a healthy sign, and still more encouraging is it to know that the youth of both sexes indulge in them. There is hustle, hurry, bustle, and fuss in the commercial life of to-day, but keeping pace with its intensity is a keen determination to repair the wasted tissues by a whole-hearted indulgence in athletic exercises. This general desire to hasten from the counting-house or the factory to the nearest cricket pitch, tennis lawn, or golf course has been manifested only within the last two or three decades. At the beginning of the last century the outdoor pastimes of the people were limited in number, and their adherents were equally limited and, to hark back still further, during the reign of James I, a law was placed on the Statute Book prohibiting, under certain pains and penalties, the playing of numerous games which found favour with the people. Would not some of the unco' guid folks who are ever bemoaning the supposed degeneracy in the pursuits of to-day like to revive those good old times! What a fine thing to make our girls spend all their spare time in the preparation of garments for the aborigines of Central Africa, and our lads to rush every evening from their daily labours to class meetings! We should, at any rate, rear a nation of Stigginses, and the euthanasia of athleticism would be followed by the apotheosis of hypocrisy, which Dr. Johnson has so happily described as the necessary burden of villainy. It is, indeed, a happy reflection that the faddists are in a minority, and that their preaching and reproaches fall unheeded on the ears of youth. Far better to go for a broad view on this important subject to Aristotle, the greatest philosopher of whom history has record, not even excepting Confucius, than to the spoil-sports of to-day. Aristotle argued, and gave abundant and unanswerable reasons for the position he took up, that the cultivation of the body was of more importance than that of the mind. Plato, who always reasoned well, was most insistent on urging that the youth of the country should be physically developed from their earliest years, and it were, indeed, easy to prove from the writings of the ancients that the harmony of the body —*i.e.*, its proper development—was indispensable to success in life. And that holds good in the twentieth century. What says the late Sir Benjamin Ward Richardson? "I urge all young men and women to cultivate true sports. To walk, to dance, to row, to swim, to ride, to cycle, to play tennis, cricket, croquet, racquets, golf, bowls, skittles, baseball, gymnastics—every game, in fact, that can be mentioned, and that gives health. Variety is good, but let each sport carry its rider, not run away with him."

SERVES A DOUBLE PURPOSE.

The dictum of the eminent physician whose words are here quoted is not now regarded as a theory; it is accepted as an axiom, always leaving out of consideration the quidnuncs and faddists. It should pass into our literature as a proverb—the wisdom of many and the wit of one. Dr. Richardson saw, as many did before, and others have since, that such a game as cricket, for instance, served a double purpose. As a means of developing the body it stands on the highest pinnacle, but it does more than this it has a most beneficial effect upon the mind, for its educational value is beyond dispute. The Duke of Wellington

is supposed to have made the remark that the battle of Waterloo was won on the playing fields of Eton. Enshrined in that is a concrete expression of belief, which is held dear by millions who are denied the power of so prophetically and poetically placing on record their athletic creed. The Duke was right, but it is only comparatively recently that the view which he so tenaciously held and so fearlessly expressed, has been generally recognised. The new head master of Eton, Canon the Hon. E. Lyttelton, puts the matter very pithily when he says:—"Though many were wise enough to be dimly aware that games like cricket had a beneficial effect on the national character, few people, if any, had dared to say so; and down to very recent times indeed it may be said that managers of education, though they countenanced games for boys, yet pretended not to encourage them. They were not regarded as a part of education. Otherwise Mr. Forster would certainly have made some provision for the bodily training of the young when he introduced his Compulsory Education Bill, and such a strange anomaly as the omission of all competitive physical tests in the Army examinations would have been impossible. It was reserved for the last quarter of the nineteenth century to openly and boldly recognise games as an educational necessity, and the effects of that recognition are not exhausted yet." A man holding such views must be a success at Eton, where games play so important a part in the school curriculum.

MENS SANA IN CAPORE SANO.

Stand we where we did? No; a thousand times no. The cult of the body has not superseded the cult of the mind, nor has it supplanted the stern struggle for commercial supremacy, but it marches side by side with the former, and makes the latter tolerable. The commercial man, with no recreation which require the exercises of physical powers, is to be sincerely pitied, for he is invariably a martyr to dyspepsia, and takes a jaundiced view of the amenities of life, while those who applaud such an existence as the ideal to be striven after are victims of a severe attack of mental obliquity.

SWEETS AND STRENGTH.

The statement made by Hackenschmidt, the Russian wrestler, that sweets are the best strength producers is not supported by experts in physical culture. The manager of Sandow's School in St. James's-street told me to-day that moderation in all things was the only secret of strength. "Hackenschmidt, I believe, does eat a good deal of chocolate, but I cannot say what his definition of sweets may be," he said. "If he means sago and tapioca puddings, there is nothing more nutritive in moderation, but if he means bon-bons of all kinds, then I say there is far too much starch in them, and they are difficult to digest. In the training of athletes, Mr. Sandow has always preached moderation, and no great change of diet to which the pupil is accustomed. Hackenschmidt speaks of the Turks as not drinking alcohol, and no doubt this has much to do with their fine physique. Alcohol should never be taken between meals, but a little beer or wine taken in moderation immediately after the meal does not do an athlete any harm. The great thing to remember is that certain diets suit certain people. Olley is not a champion cyclist because he is a vegetarian, nor is Hackenschmidt a great wrestler because he likes chocolate."—*Birmingham Gazette.*

Hill Climbing.

* * *

We extract the following excellent remarks on the question of hill climbing amongst the heights of Wales from an interesting article written by Mr. Vincent Wray in the "Daily Express."

* * *

A week on the hills of Britain means the deposit of a year's excellent health in the book of life. To the jaded, work-worn toiler of town or city no holiday is more real, more helpful, or more recuperating than when it is spent in some of our mountain fastnesses. Here is variety without excitement, interest without satiety. But if the hill-scrambler would reap the fullest measure of reward he must know his trade. One has little sympathy with the mere tripper who sets forth recklessly on haphazarded excursions, and then grumbles that he has seen and done so little.

They who wish to realise, as Charles Kingsley did, the charm of the British mountains, must make their preparations a serious business; they must know their possibilities and their limitations, and must try in some measure to anticipate what lies before them.

Guide-books are useful in their places; their chief drawback is that they lay stress upon "lions" and "show places." As a general rule these are just the spots that the lone climber avoids. The Swallow Falls at Bettws-y-Coed, for example, are merely an incident in his journey. He may turn out of his way to lean over the mighty rocks round which the turgid torrents swirl and leap, but he passes on to still greater marvels.

Nor does he strike some tourist-beaten path to achieve a lofty peak. He may get there, but if so, he religiously discards the counsel of cold print, which circumscribes the route and measures it out in yards and furlongs. The wise climber tucks his guide-book away in his wallet, or replaces it by decent ordnance maps and compass.

As a preliminary, he carefully studies his ordnance map, and each morning suggests the business for the day. He will find in it all the valley roads and their condition, the location of the valleys and farmhouses he is to encounter, and the height and character of the ridges he may reach and follow.

If he is at all nervous—and there are many who turn dizzy when called upon to traverse razor-edged heights—he can read in his map where precipices occur, and where it is safe for him to tread. The closeness of the lines that show the height in feet are safe indication of the degree of steepness.

Thus Crib Rock—a pile of noted rocks, and the most nerve-shaking of the four outlying peaks of Snowdon—would not be attempted by the climber whose brain was not of the coolest and

most steady. Even if the approaches did not warn him off, his ordnance map would give him pause.

Rashness in the hill-climber is to be sternly deprecated. He must realise the exact extent of his capacity. I once saw a man of athletic frame and sturdy build literally dragged up a narrow road to the summit of Cader Idris. When he reached the "top"—that top after which the climber is so eager—he sought the shelter of a convenient hollow, and, crying hysterically, buried his face, ostrich fashion, from the view. In such a case valley walks and less trying banks would have brought contentment.

The ordinary holiday-maker requires only a stout stick with a steel prod screwed into the ferrule. His boots, however, should be strong, with rows of sharp nails projecting from the soles and heels. These ensure safe footing, and impart a sense of security to the climber.

For clothes he should wear the most serviceable and the roughest in his wardrobe. Knee-breeches are, of course, the most suitable style of lower garments, and they allow the most perfect freedom to the limbs. All the luggage carried on these expeditions should be such as can readily be packed into a hold-all and slung over the shoulder. A climber never goes in for "superfluities."

This matter of equipment is of greater moment than most people suppose, and Alpine legend tells of a man, an American, who reached a summit of the Matterhorn in a frock-coat and a heavy overcoat, and, getting lost, managed to obtain sufficient sustenance for two days' wanderings out of the whalebone in the frame of his umbrella. When at last he was recovered he gasped out, "It's been a pretty walk. I've enjoyed some astonishing views; but all the same, I don't intend doing it again."

So the holiday-maker who relies upon un-nailed boots and ordinary walking-stick, and holds ordnance maps and compass in contempt, may have delightful tramps and may look down on a magnificent panorama of ever-changing scenes, but he will not be inclined to repeat such an experiment.

One word more. Hill-scrambling is no fit occupation for the constitutionally lazy. The man whose heart's desire is to stretch his weary limbs under the grateful boughs of an English oak and go to sleep will have no appetite for our British mountains.

Yet here for the city worker, brain-tired and weary-eyed, is the truest of recreations—change of scene as complete and as perfect as heart could desire.

We have great pleasure in announcing that Professor TOM BURROWS has made arrangements to reproduce the series of articles on

The Art of Wrestling,

which are now appearing in these pages, in book form, at the low price of SIXPENCE. Full particulars as to date of publication, etc., will be announced shortly.

Does Physical Culture ever Fail?

Not when it is adapted to the needs of the person, and there is sufficient vitality to respond thereto. Learn a lesson from the garden; each kind of plant needs its special soil, and special care. It is useless to water dying plants, unless they are dying for lack of it.

K. S. Ranjitsinhji.

In the current issue of the latest "combined" paper, *The Country Gentleman and Land and Water Illustrated*, there appears a capital article on the famous Indian-born Sussex cricketer. Of him the writer says, with some modesty, "As to his powers as a cricketer I say nothing, chiefly because everybody who reads cricket articles has seen him play, and knows as much about the subject as I do, while I am not prepared with an answer to the frequent question, 'How does he do it?' With Grace's burly form before one's eyes, one expects to see balls punched and battered to the boundary; one shakes hands with him, and wonders where one's own hand has vanished to. Ranji's grip, hearty and cordial as it is, would not split a glove of gossamer, while his slender forearm, all steel and whipcord, would almost pass through a wedding-ring. Mere strength, unless properly applied, is no more valuable for cricket than it is for billiards, in connection with which game it is on record, or at least it is told, that Ives, the American crack, and Sandow, the strong man, tried which could hit a ball so as to make it travel the greatest number of times up and down a billiard table. Ives won, not because he was the strongest, but because he knew how to strike the ball. So it is with batsmen at cricket; many of them hit harder than big men, relatively or actually, because they possess the knack, but the strong and big man, with the knack thrown in, will easily out-distance them. Ranjitsinhji, however, is a marvel, as no one can see—at least, I can't—where and how he applies the force. Jessop puts the whole of his body into the stroke, and so does Warner, whom I regard as a very hard hitter for his height and weight; but he seems to bend his spine in the endeavour to put on power. With Ranjitsinhji no effort seems necessary; he 'flicks' the ball away apparently by intuition and inspiration, and sends it bounding and skirmishing into the far distance. His sight is admitted to be very keen, and this gives him a fraction of a second by way of start over other batsmen, and enables him to make up his mind a trifle quicker than they. Then comes, not a comparatively slow application of weight and strength, but a very rapid movement of the bat, and it is to this rapidity of sight and movement that the rapidity of Ranjitsinhji's scoring is, to my mind, due. A very quick 'flick!' is as effective to propel the ball as a slower, but more ponderous, heave from a heavier man. In any case, whatever the cause, the effort cannot be doubted, but it is questionable whether any man now playing cricket, would attempt to make Ranji's strokes in Ranji's fashion, and succeed. I should, however, like to see the experiment tried of coaching eleven Sikhs, who took to the game, to see whether, out of such material, a team of 'Ranji' could be made. If it could, there is a fortune in store for some foresighted impresario, and no doubt some of our counties would find a new recruiting ground in North-west India.

"Ranji may be the 'man who stands for cricket,' but he is not a man of one sport, for report says of him that he is an excellent game shot and fisherman, and no mean billiard-player, though doubtless he has forgotten his lawn-tennis—why do so many writers omit the 'lawn?'—in his enthusiasm for a greater game. In private life, as I know him, he is hearty, genial, and almost affectionate in his manner; philosophical on his favourite topic, and as capable of paying a pretty compliment as a Beau Nash or a Sir Charles Grandison. One thing at least he cannot do; he cannot answer a letter; a reply-paid telegram may draw him, but even that is no certainty, for whatever his address may be, he is generally somewhere else."

—The National League.—

* * *

ON Saturday, June 24, the Bishop of Ripon entertained a large company of guests at the Hotel Cecil, as chairman of the Executive Committee of the new National League for Physical Education and Improvement. Among those present were Sir H. Crack, Sir Lauder Brunton, General Sir F. Maurice, Sir H. Gilzean Reid, Sir Hugh Laurence, Sir Hugh Beevor, Sir J. Macdonnell, Sir Edward Russell, Rev. Russell Wakefield (Mayor of Paddington), Alderman and Sheriff Sir T. Vezey Strong, Professor Marsh, Colonel Mellor, Colonel Hendley, Dr. Sykls, Mr. Andrew Clark, Dr. Robert Jones, Mr. Pomeroy, Mr. W. Boyd-Carpenter, Mr. L. J. Maxse, Mr. F. Neville Piggott, Mr. McLachlan, Mr. Beverley Halley, Mr. Eustace Miles, Mr. Will, Mr. Trippel, Commissioner Howard, etc.

The movement is to be thoroughly national, and already a formidable list of men distinguished in medicine, education, science, the Church, law, politics, municipal administration, and athletics, throughout the United Kingdom, have consented to become vice-presidents, and a large number of others, including many members of Parliament and heads of training colleges, and other educational institutions, will cordially support the League.

Sir Henry Craik proposed success to the League, explained that the institution was founded upon the great principles which had guided our gallant allies, the Japanese. (Cheers.) It meant the training of all the faculties, moral and physical, and they had met to try to bind together the various work which was at present being done in that direction. In this effort they desired the active and enthusiastic co-operation of the medical profession. Sanitary reform stood prominent in their programme, and general education was also a necessary factor of success. As a national asset they had to preserve life and make sound citizens of the best as well as the weakest of people. (Cheers.)

Sir F. Maurice, in giving the toast of "The Press," which was acknowledged by Sir H. Gilzean Read, spoke of the appalling figures of infant mortality, which showed that half the infant population died before reaching the age of twelve months. They were engaged in an effort to save a race from those causes which were tending to deteriorate it.

The Bishop of Ripon, replying to the toast of "The Chairman," proposed by the Rev. H. Russell Wakefield (Mayor of Paddington), attributed the increasing public interest in the physical condition of the people to the growth of a wider and nobler conception of Christian duty, and to the consciousness of the vast Empire which was our heritage. What was the use of possessing Imperial realms unless we also possess an Imperial race? The aim of the league was to make the population of the United Kingdom more vigorous and healthy than they found it. Many excellent agencies were already at work, but theirs would be the great vigilance association, so to speak, sending its agents to organise effort where none now existed, and combining and directing existing agencies for the promotion, in whatever direction, of the physical well-being of the people.

The movement was formally launched on Wednesday, June 28, when a large and influential gathering of those interested took place at the Mansion House under the chairmanship of the Lord

Mayor. Among those present besides those who spoke were Lady Brunton, Sir Norman and Lady Lockyer, Sir John Cunningham, Sir Victor Horsley, Sir W. Dunbar, Sir Benjamin Baker, Sir John Cockburn, the Chief Rabbi, and Sir Ralph Knox, whilst included amongst the audience were eminent medical men and clergy, East-end laymen workers, members of Parliament, and scientists, but although the hall was filled, the gathering represented only a very small proportion of the public men who have promised their support.

The Bishop of Ripon, in a speech which made a profound impression on his audience, first proposed the following resolution:—

"That the causes which tend to impair the health of the nation, as disclosed by the report of the Departmental Committee, ought to be combated by united action. It is therefore recommended that all the agencies at present engaged in isolated work for that purpose should have the opportunity of combining, and thus cover the whole country."

"We are reminded by the report of the Departmental Committee," said the Bishop, "that the rate of infant mortality in England is enormous.

"The benefits of civilisation have gone to the adult, not to the child. In towns where married women work in mills the infant mortality is much higher than in more favoured towns where the women remain at home."

The Bishop then summarised the objects of the proposed league in these words: "We want to say to all the existing agencies throughout the country: 'Join your hands with one another and with us.'

"Such a federation," he added, "needs the co-operation of practical workers, scientific experts, and members of Parliament, who will push forward legislation where it is most needed."

The Lord Chief Justice, who seconded the resolution, said there were between 300,000 and 400,000 lads and girls in Greater London who needed physical education; and agencies and missions, splendid as was their work, could only touch the fringe of this total.

"After nearly forty years' work at the Bar and a few years on the Bench," he added, "I hold the opinion of all those who have enquired into the cause of crime and the cause of moral and physical deterioration, that, second only to drink, the real cause of crime is the difficulty of finding health, recreation, and innocent amusement."

Sir William Broadbent then moved:—

"That this meeting heartily approves of the federation designed for the purpose of improving the physical conditions of life, and of the proposed effort to start organisations in those parts of the country where none at present exist."

"The great object of this movement," said Sir William, "is a general raising of the standard of health in this country.

"Hygiene and temperance should be part of the education at every elementary school. Enormous power can be exercised by ladies in this movement; it is they alone who can reach the mothers."

After Alderman Strong had shown how important the physical well-being of the country was to its commercial supremacy, Mrs. Bramwell Booth, wearing the Salvation Army uniform, delivered an impassioned appeal, which aroused intense enthusiasm.

"The league has an immense field of usefulness," said Mrs. Booth. "It will teach the most important thing of all, the pure ideal of motherhood.

"It must take marriage to a higher plane and do away with the marriages of convenience and of passion, and with the ignorant alliances of young girls and lads.

"An ounce of mother is worth a ton of priest," was another of Mrs. Booth's epigrams.

A gloomy picture of physical deterioration was drawn by Sir James Crichton-Browne.

The report on the schools, he said, showed a terrible percentage of children suffering from bad teeth, defective vision, deafness, diseases of the bones, or mental troubles.

Both resolutions were carried unanimously.

In response to a strong demand, Sir Lauder Brunton, who is the originator of the scheme, and has been instrumental in the formation of the League, addressed the audience briefly, and expressed the hope that ere long the good which must accrue from co-operation would be felt throughout the Empire.

We are requested to point out that a great number of agencies are already at work giving instructions in the rule of health, in domestic hygiene, and housekeeping, in cooking, and in the case of nursing mothers and the feeding of children. Others are trying to lessen the consumption of alcohol, while others are seeking to improve the physique of the rising generation by supplying gymnasia, by organising associations for physical exercise, such as cricket, football, drill associations, cadet corps, boys' brigades, rifle clubs, Volunteer corps, and girls' clubs; and by improving houses and purifying air. The object of the League is not to displace any of the agencies at present at work, but to make them known to one another, to ascertain how their work can best be supplemented where it is deficient, and to extend the benefits of physical training throughout the whole country. In each parish and small town it is hoped to have a branch of the League, and in larger towns several branches, according to population. Each branch would see that instruction was furnished to the people on the laws of health generally, to mothers on the care of their own health, and on the nurture and care of children, and to girls on the methods of domestic and personal hygiene and of cooking and housekeeping. Physical exercises and opportunity for open air games would be obtained for boys and girls; young men would be encouraged to become Volunteers; and marching drill, shooting practice, and all healthy sports would be fostered. Among other objects to be aimed at would be the medical inspection of school children, the periodical examination of small children, the provision of an adequate amount of space for recreation in all towns and villages, and the improvement and enforcement of our sanitary laws.

Housing and Physical Degeneration.

Preaching at St. Mary's Church, Southwark, the vicar, the Rev. Henry Pitt, dealt with these problems from painful experience in his own parish. Millions of money, he said, are spent in providing suitable space in school during five hours for children who, during the remainder of the day, are forced to herd in loathsome fetid dens, where families of eight persons live and sleep and sometimes work in two rooms eight or ten feet square. As the result of personal investigation, he had found that quite 80 per cent. of the children in his district are or have been patients at the hospitals. If they were closed such a cry of unrelieved distress would arise from Southwark and other poor districts of London as would shock and startle the world. As charities, might they ever remain free from municipal control—channels for the flow of love between rich and poor, blessing "him that gives and him that takes."

—— Sporting Notes. ——

Athletics.

Alfred Shrubb has lost no time in showing that his long tour abroad has had no deleterious effect on his wonderful running powers. On June 24, at the Wolverhampton sports, he took part in a three miles scratch event—his first appearance since his return to England—and won in 15 min. 11 3-5 sec.

* * *

He gave a splendid display, and so completely did he outclass his opponents that he finished a lap and a half ahead of his nearest opponent—G. Wiggington, of the Birchfield Harriers—and, moreover, was comparatively fresh at the end of his long run.

* * *

Unlike his fellow tourist, A. F. Duffey was not successful. The American ran in the 100 yards scratch race, and was leading fifteen yards from the tape, but he was seized with a spasm, which caused him to collapse, the race going to H. S. Thompson, of the Birchfield Harriers, who won in 10 1-5 sec.

Duffey was unable to compete in the handicap.

Swimming.

With a view to making his renewed attempt to swim from Dover to Calais a month earlier than last year, Mr. T. W. Burgess, the Yorkshireman, who holds the Long-distance Championship of Paris, has arrived at Dover, and commenced his practices in the Channel.

* * *

Weidman, of Dover, on Tuesday last had a twelve hours' swim in the Thames, starting from Putney Bridge.

Arrangements are in progress for yet another well-known swimmer to take the water at Dover, to endeavour to negotiate the English Channel. Professor Stearne, who belongs to the old school, and flourished in the active times of J. J. Collier, Jas. Finney, W. Standring, and Joe Nuttall, is the latest aspirant, and is confident of giving a good show in the sea. Stearne, who is a native of Brandon, Suffolk, was born in 1866, and went north to Lancashire in his youth. Since entering the profession he has had probably the busiest career of any northern instructor.

Wrestling.

The backer of Jacob Koch writes: "I am amazed by the absence of any public response on the part of Hackenschmidt to the challenge of Jacob Koch. Hackenschmidt's characteristic style of wrestling is the Græco-Roman. Therein he made his reputation. Why does he choose the moment of my champion's appearance to employ himself with a catch-as-catch-can engagement? Of course, Hackenschmidt may decline any challenge. But can he really afford to do so when the challenger has Jacob Koch's reputation? Koch has three genuine world's championships to his record, and has the endorsement of all Continental sportsmen. In every European city he is the hero. A serious response is due from Hackenschmidt. So all fair-minded sportsmen will agree. Hackenschmidt has the reputation of being frank and fearless. Now let him act up to that reputation. If my proposed stake of £250 does not tempt him, let him name any higher sum. We mean business."

Considerable excitement was manifested at the Canterbury Hall on the night of June 24, when Hackenschmidt and Matt Steadman, of Brough, Westmorland, met to wrestle in the catch-as-catch-can style to a finish. Steadman, who is a son of the late George Steadman, who was champion wrestler of England for over thirty years, made three attempts during the week to overthrow the Russian. On the previous Wednesday he lasted the stipulated time, 10 min., and gained £10, and on the following night he stood for 9 min. 35 sec., when he was well thrown, but was anything but satisfied. The men met, as stated above, when Hackenschmidt gained the verdict in 8 min. 43 sec.

* * *

At the Glasgow police sports, held at Celtic Park, Glasgow, on June 24, a match was decided between A. Munro, the Scottish champion, and Aberg, Russia, for £50 a-side, the best of three falls, catch-as-catch-can style. Aberg is a brother of the more famous wrestler of that name. The Russian was no match for his more fancied opponent. Munro gained the first fall in 10 min., and in the second tussle Aberg was evidently tiring; still, it took the Scot eight and a half minutes before he placed his man square on his back, thus winning the match.

* * *

At the Borough Grounds, Oldham, on June 24, J. Collins, Holmwood, and W. Makinson, Aspul, contested the best of three falls in Lancashire style for £50. Collins forced the work, and, being the stronger man, tired his opponent and gained the first fall in 36 min. by the aid of elbow and cross-buttock. After the usual rest, the men again faced each other, but the bout was of short duration, as Collins won the second fall and the match, by the aid of head spin and halch, in 7 min. 20 sec.

Rowing.

The feat of rowing round the Isle of Wight was last year attempted by Messrs. H. B. Pope and E. B. Cole, of Shanklin, but when about half the journey had been done the effort was abandoned. However, the same scullers have achieved their object this year. Starting from Shanklin in a single sculling boat at 4.30 in the morning, the journey round the island was completed by ten minutes to eleven the same evening. Half-hour spells with the oars were taken by the adventurers.

Club Swinging.

Tom Burrows is a veritable King of Clubs. He never seems satisfied with his own achievements, for time after time he keeps slicing pieces off the figures which, credited to himself, no one has succeeded in approaching. Recently the visitors to the Kursaal at Southend-on-Sea have been treated to some wonderful performances by him. Commencing on Whit-Monday, he swung 4 lb. clubs continuously eight hours a day for seven days. On Thursday, June 22, at 9 p.m., the champion commenced to beat all existing records, and at the same time threw out a challenge to meet all comers. His recent rival, Charles Spinch, came forward and gave a good exhibition for twenty-seven hours, but was then compelled to retire. At each stage of his performance Burrows gave a fine exhibition of fancy swinging, and the finish was witnessed by a crowded house. This took place at 9.15 p.m. on Saturday, June 24, when Burrows had established a new world's record of 48 hours 10 minutes without rest or stop, and swinging 4 lb. clubs—a truly wonderful performance. Burrows was watched from start to finish by the public and a large committee of local sportsmen. Towards the finish of his long task, Burrows introduced some remarkable glides, neck rolls, cross by swings, lower back, and all the most difficult movements and combinations in club swinging, to the evident delight of the spectators. In recognition of his splendid display, and the fact that he had established a world's record, Tom was presented with a testimonial by a large number of admirers.

Miscellaneous.

With flags flying, the Napier Major motored up the Thames on June 24, after a nine weeks' voyage of over 2,000 miles.

The little forty-foot and ten-ton motor-yacht, which belongs to Mr. S. F. Edge, rode gently up to Temple Pier, where a company of petrol-boat enthusiasts welcomed her home and congratulated her captain, Mr. Arthur Evans, on the completion of his arduous and trying task.

Both he and his mate and engineer were in the pink of health, and declared that they had enjoyed the trip to the Orkneys and back. Although the light motor-boat was tossed about in rough seas until they had to crawl about her, she shipped very little water and behaved magnificently.

"On the way north we encountered north-east gales, and had at last to put in at Kirkwall for two days on account of the rough weather," Mr. Evans said. "But coming back it has been pleasanter."

"We intended making a 750 miles non-stop run from London to Lerwick, and we actually did 650 miles in five days and nights without stopping the engine. The trip has demonstrated the reliability of the petrol-motor for sea-work, and the Scotch fishing people have been much struck with the prospect of motor fishing fleets.

"On the way back from the Orkneys we have called at fifty ports, and have taken over 1,000 people for trial runs. At several Scottish towns the Provost and his wife and the leading citizens came out for a sea-run, and they were all impressed with the value of the motor for yachts and similar vessels.

"During the two months the engine made over 2,000,000 revolutions, and used 450 gallons of petrol at a cost of £20. To-day she runs better than when we started, and the only renewals have been one set of commutator brushes and five new sparking-plugs. She has given no trouble."

* * *

At Eton, on June 24, Winchester, represented by E. Studd, R. A. Colville, and G. T. Burney, engaged Eton College, represented by M. Younge, J. J. Astor, and M. W. Bovill, at fencing. There was a large attendance, both schools being well represented. The officials were: Referees, Mr. R. W. Dyne (vice-president) and Mr. C. T. Dent; judges, Messrs. J. Jenkinson and H. Pollick. The contest was very close and interesting, Winchester eventually winning by one point, chiefly owing to the fine play of Studd. Astor, who had been playing in the cricket match, seemed fagged, and did not fence up to his usual form, otherwise the verdict might have been in favour of Eton.

* * *

An attempt to beat the world's record for five consecutive events, each over a distance of one mile—that is, running, cycling, swimming, rowing, and riding a horse—is to be made shortly by Mr. Richard Wilson, of South Shields, well known in the North of England as a good all-round athlete. Wilson, who may now very properly be styled a veteran, is the holder of the world's record for a performance similar to that which he is now going to undertake, namely, five quarter-miles, which he accomplished at Howdon-on-Tyne in 1901, his time being 12 min. 12 1-5 sec., which was considerably better than the previous record established by Mr. Jos. Radcliffe, of Newcastle-on-Tyne. The record for the five mile events is at present held by an Australian, who accomplished the task in 1 hr. 17 min. Those who know Wilson's form and capabilities are confident that he can beat this with the greatest comfort. He will shortly commence training.

* * *

We understand that Tom Burrows, having accepted an engagement in Johannesburg at the end of July, has given up the idea of attempting the Channel swim.

* * *

At Hurlingham, on June 26, Cambridge beat Oxford at polo by 9 goals to 4. The Light Blues also won the Inter-University lawn tennis matches, securing the singles by 5 matches to four, and the doubles by seven matches to two.

Club Notes from——— ———Home and Abroad.

WANTED—CORRESPONDENTS.

FEELING that some more direct means of mutual intercourse amongst physical culturists throughout the world is most urgently required, we have decided to devote space to the chronicling of the doings of clubs, societies, etc., throughout the world. To enable us to do this we must invoke the co-operation of our many friends in all parts of the two hemispheres, and ask them to assist us by forwarding a brief account of their doings. These should reach us not later than the 12th of each month from abroad, or first post Mondays in Great Britain, and should be addressed to the Editor, 131 Temple Chambers, E.C.

NORTHWICH.

On June 17, a further effort was made by the Northwich and District Hospital Saturday Committee to augment their fund on behalf of the Victoria Infirmary, in the form of a mass drill by children and a gymnastic display. The proceedings commenced with a mass drill and health exercises by over 200 children, who made a very striking picture as they gave their performance. The children gave an excellent illustration of physical training, which at present is being conducted outside of school hours, but why it should not form a part of the regular curriculum of schools is a question deserving of the serious consideration of educational authorities. The benefits to be thus derived must be numerous. At a later stage of the proceedings they repeated their efforts, which were greatly appreciated by the crowd lining the enclosure.

Another interesting feature of the programme was the display by the Lostock maypole children under the guidance of their tutors, Miss Davies and Miss Lewin.

The members of the gymnasium classes gave a series of performances. The girls, numbering 20, under the leadership of Miss Cissie Crisp. and the direction of Mrs. Cullen, went through barbell exercises in first-class style, for which they were loudly applauded. The male members, junior and senior, gave exhibitions on the parallel bar, pyramid building, Indian club drill, and German horse vaulting. There was also a scientific boxing exhibition between Messrs. Geo. Moore and Frank Platt, who acquitted themselves in a most creditable manner.

Not the least interesting of the afternoon's turns was the exhibition of weight lifting by Mr. George Melling, the Mid-Cheshire champion weight lifter, who a short time ago issued a challenge through our columns to meet any man in Mid-Cheshire, between nine and eleven stone, in a weight-lifting competition. Mr. Melling commenced by lifting 106 lb. with the left hand, and then bringing up a 56 lb. ring weight with the right hand. Next he lifted 142 lb. with the right and left hands. This was followed by slowly pressing a couple of 75 lb. weights, one in each hand. His fourth feat was supporting on the hands alone 400 lb. whilst lying on his back. This was succeeded by lifting from the supine position 106 lb. with one hand, and rising to upright position. The local "Hercules" completed his show by throwing a 142 lb. barbell over his head, turning round and catching it. His various feats met with a hearty round of applause.

The arrangements were made and carried out under the supervision of Prof. and Mrs. Cullen, who deserve the highest praise for the efficiency with which they performed their duties.

WOOD GREEN.

A new organisation has just been established in this district—and one which should undoubtedly meet with widespread and hearty support. The Wood Green Health and Physical Culture Society, with headquarters at Unity Hall, Newnham Road, Canning Crescent, Wood Green, has for its principal object the restoration and maintenance of health by rational means, such as: fresh air, pure water, diet and exercise. We understand walks, cycle runs, outings and the like are already arranged, and that papers will be read and lectures delivered in the near future. Meantime, those desiring further information or wishing to become members should communicate with either of the following ladies and gentlemen:—Mrs. Sutters, 20 Cranbrook Park, Wood Green; Mrs. or Mr. Garner, 334 High Road, Wood Green; or the Hon. Secretary, H. J. Whiting, jun., 10 Commerce Road, Wood Green.

* * *

ALNMOUTH.

PHYSICAL CULTURE SOCIETY.

The members of the Alnwick Physical Culture Society gave a grand display entertainment in the Town Hall, Alnmouth, on June 15, Mr. R. Taylor presiding. The opening item was an exhibition of dumb-bell exercise by Messrs. A. Watson, W. Copeland, and J. McManus. A grand display of feats of strength was given by J. Whellens, A. Watson, and Chas. Martin. The most noticeable feature in this display was the lifting by Chas. Martin of a weight of 224 lbs. with one hand. On his accomplishing this wonderful feat the audience showed their appreciation by thunderous applause. The amateur record of lifting with one hand in this country is 220 lbs. Thus Mr. Martin broke the record by 4 lbs. A splendid exhibition was then given of the Japanese style of wrestling, entitled Ju-Jitsu, by Jack Clark, a man well up in the art, besides a display of the catch-as-catch-can methods, all the holds, locks, breaks, and bridges being fully illustrated by Mr. Clark, who is a well-known Scottish light-weight wrestler and who is open to meet any man in Northumberland at his weight for the highest purse.

PASSMORE EDWARDS SETTLEMENT.

On Tuesday evening, June 6, the combined men and women's gymnastic classes of the Passmore Edwards Settlement gave their seventh annual display, under the direction of Miss Stempel and Mr. A. F. Stempel. A very large number of spectators assembled in the Hall of the Settlement. The programme was an interesting and varied one, comprising dumb-bell exercises by the men's competition team, Central London Federation competitions, 1905, boxing, wrestling, pyramids, parallel bars, a most original and well-executed set of antagonistic mass movements by the men, under Mr. Stempel's able direction; and by the women members, Indian club exercises, ornamental marching, skipping, horse and parallel bar exercises, all effectively and well performed. The programme also included a most graceful solo skipping by Miss Stempel, given in perfect style, and a very effective display of fencing by Miss Stempel and Mr. A. F. Stempel, as well as a beautifully arranged figure march, executed with perfect precision by students from Stempel's gymnasium.

The prizes won in the annual competitions were distributed by Mrs. Humphrey Ward, who congratulated the members on the beauty and success of the display, and spoke in high terms of the work of Mr. and Miss Stempel. Awards:

Women.—Gymnastics: N. Snook, 1; L. Miller, 2. Gymnastics (novices): M. Porter. Drilling: F. Goodall, 1; E. Finch, 2. Indian Clubs: E. Finch. Skipping: M. M. Duffner and G. Goodall. Special Gymnastic Prize: N. Snook.

Men.—Gymnastics: J. Noble, 1; P. Cockings, 2; A. McKenzie, 3. Gymnastics (novices): H. Rawlings. Wrestling: Light-weight: W. Price, 1; R. Donovan, 2. Middle-weight: P. Cockings, 1; G. Major, 2. Heavy-weight: R. Couch, 1; F. Goertz, 2. Tug-of-War: Mutton's team. Jumping: F. Goertz. Spratt-Pye Memorial Medal: W. E. Welch.

Our Ladies' Pages.

In the pretty gymnasium of the Bath Club, Piccadilly, on June 28, Society swimming girls entered into a spirited contest for the challenge trophy of the Club, annually awarded for the best swimming and diving display. A fashionable audience of ladies followed the events with keenest interest.

* * *

From a point of vantage in the gallery Lady Constance Stewart Richardson, who before her marriage held the challenge shield of the Club for three years, was an interested spectator of the exploits of the ladies in the scene of her former triumphs, while Princess Henry of Pless, daintily dressed in pale blue, Lady Helen Vincent, the Countess of Minto, Lady Cynthia Graham, Viscountess Coke, and the Ladies Ruby and Eileen Minto were also present with Mrs. Willie Grenfell, who presented the prizes.

* * *

But such is the iron rule of the fair votaries of the Bath, no gentlemen, with the exception of two or three privileged members of the committee on whom official duties devolved, were permitted to witness the really brilliant display of the ladies in the swimming and diving championships of the year. Mr. W. H. Grenfell, M.P., chairman of the Ladies' Committee, who acted as referee, was one of the privileged few, and Mr. William Henry, hon. secretary of the Royal Life Saving Society, who acted as judge, was also there.

* * *

Seven ladies, representing the society element in swimming—Miss Violet Ponsonby, winner of last year's third prize, Miss Bowlby, Misses E. and K. Bowlby, Miss McConnell, Mrs. Oliver, and Mrs. Edgar Syers—took part in the Challenge Shield competition. Wearing navy blue University costumes, with their racing colours pinned to their shoulders, the fair swimmers were stationed on the diving platform, awaiting Mr. Henry's signal.

* * *

"Grace and method, not racing, please," said the judge as the seven ladies plunged into the Bath Club rink. After gracefully diving from the 8ft. board, the seven competitors gave a clever display of motionless floating, highest marks being awarded to those who performed the feat of floating with their head resting on their hands.

* * *

For the last event in the Challenge Shield competition the ladies were allowed to select two special feats. Mrs. Edgar Syers performed the difficult task of swimming under water, and was loudly applauded by the ladies. An exciting contest finally resulted in the gold medal and coveted trophy going to Mrs. Edgar

Syers, who gained 35 marks, while Miss Violet Ponsonby and Miss Bowlby tied with 33½ marks, the club committee deciding to award two silver medals instead of one.

* * *

Half-a-dozen little girls gave a charming display of swimming, and another interesting feature of the display was an exhibition of fancy swimming by Miss Ada Lewin and Miss Amy Daly, the club instructresses, who performed some wonderful feats in the water, swimming feet first under the water, marching, and turning somersaults, and winding up with a clever imitation of a fish.

* * *

The great interest taken in the annual contest in the rink of the Bath Club is an indication of the increased popularity of swimming among society women. Never, according to the officials of the Bath Club, has swimming been so much in vogue among women of all classes, and it is suggested that one of the secrets of the popularity of swimming for women lies in the fact that the exercise is a great beautifier. Many society women, it is stated, take up swimming and diving as a means of obtaining a good figure, a well-developed chest, and an improved complexion.

* * *

Women, it has been found at the Bath Club, as a general rule, make better pupils than men, a fact which is attributed to their lighter weight and superior buoyancy, and English women in particular are declared to be the finest swimmers among their sex.

* * *

Much disappointment was felt at the decision to postpone the opening of the ladies' bathing place at Cookham. One hundred and thirty ladies had given in their names to join a swimming club and enjoy the bathing. The postponement is mainly due to the attitude of Sir George Young, an adjacent landowner, who, as a commoner, contends that commoners' rights have been infringed.

* * *

A board containing the following notice has been placed over the doorway of the municipal baths at Wurzburg, Germany

On Mondays, Wednesdays, and Fridays,
The Baths are open to
Protestant Girls Only.

Ju-Jitsu at Eastbourne.

* * *

The people of Eastbourne were recently for the first time given an opportunity of witnessing an exhibition of Ju-Jitsu. The exhibitions were given in the lecture room at Devonshire Park, and were of an exceedingly interesting and instructive character, evidently causing astonishment to those who had not before had an opportunity of studying this wonderful science. The public were also fortunate in making the acquaintance of Professor Raku Uyenishi, who is the sole instructor of the Headquarters' Gymnasium of the British Army at Aldershot; and he was assisted by Mr. Percy S. Rolt, of Brighton, and a pupil from the headquarters' gymnasium. The different throws were first demonstrated, and the locks explained, Professor Vernon Smith making explanatory statements while the demonstration was in progress. The Professor showed how easily an adept of Ju-Jitsu may guard himself against attack, and how immensely superior Ju-Jitsu is over boxing as a means of self-defence. Finally there was an exciting bout between Uyenishi and Rolt, the latter succumbing to the arm-lock after a five-minutes' struggle.

SPORTING PATENTS.

This list of Patents is specially prepared for SANDOW'S MAGAZINE by Mr. C. F. Ennis, of Jessel Chambers, 88 Chancery Lane, London, W.C., Registered Patent Agent (by Examination), from whom all information relating to Patents may be had on application :—

Applications for Patents June 13-17th, 1905 :—

12230. J. Gorst, Chester. Sight Elevators.
12350. C. Marter, London. Golf balls and their manufacture.
12364. B. E. S. Stocker, London. Cleaner for rifles and shot guns.
12397. J. H. Fenwick, Newcastle-on-Tyne. Special core golf ball, etc.
12399. J. Moores, Manchester. Magneto-electric dumb-bell.
12471. P. Rettig, Manchester. Presses for racquets and the like.
12539. F. J. Choles, London. Portable traversing miniature target. (Complete Specification.)
12569. H. S. Saunders, London Waterproofing artificial flies.

Specifications Published June 22nd, 1905 :—

4774 of 1904. J. W. Essex and G. W. and F. Barratt. Small arms.
16924 of 1904. C. F. Kingzett Chislehurst. Manufacture of golf balls.
9663 of 1905. C. E. Luard, Sevenoaks. Miniature rifle ranges

Sandow's Symmetrion will enable any Woman to obtain a Beautiful Figure.

The Natural Method of obtaining Health and Beauty.

May be used by Women of all ages.

A Clear Complexion.

Rounded Hips & Bust.

Graceful Carriage.

A SLIM WAIST.
SHAPELY ANKLES.
BUOYANT GAIT.

The Symmetrion is extremely neat and compact, and can be fitted up and removed again in a few minutes.

Only light, agreeable and refreshing movements, not tiring gymnastics.

Enables a woman to wear any costume to the very best advantage

No subsequent expense after initial outlay.

More healthy and permanent in its results than cosmetics.

12/6

SYMMETRION IN USE.

SANDOW'S SYMMETRION can be obtained of the leading Drapers and Athletic Outfitters or will be sent direct by SANDOW & Co., 17, Basinghall Street, London, E.C., on receipt of 12/6.

Notes of the Week.

To the Editor, "Sandow's Magazine."

Sir,

I presume that your monthly competition is not confined to British subjects. Possibly some of our boys here (Syrians) might like to enter. Many of them are well developed, and take a keen interest in physical culture. We have several of your developers here, and have adopted many of the exercises you recommend.

It would greatly stimulate interest if you could see your way to offer a small prize for the best development, say in six months, among the scholars at the school here.

Yours, etc.,

K. L. Reynolds,
(Head Master)
St. George's Boys' School, Jerusalem.

June 15, 1905.

* * *

Prince Edward's team, 104; Prince Albert's team, 92. These were the final scores in the royal cricket match played at Windsor recently, with which Prince Edward of Wales celebrated his eleventh birthday.

The little Prince captained a team drawn from boys of the lower school at Eton, and led them to victory against an eleven similarly composed and captained by his brother, Prince Albert. And it was thanks largely to the youthful royal cricketer's own dashing innings of 17 (not out) that he defeated his younger brother.

The teams, says the *Court Circular*, were as follows:—Prince Edward of Wales (captain), Mr. W. T. Birchenough, Mr. H. O. Curtis, Mr. E. M. Worsley, The Hon. V. D. Boscawen, Mr. H. R. Bowlby, The Hon. M. T. Boscawen, Lord C. Hope, Mr. W. R. Bailey, Sir R. V. Sutton, Bart., Mr. W. G. Barclay. Prince Albert of Wales (captain), Mr. R. F. T. Burrell, The Hon. N. G. Bligh, Mr. R. O. R. Kenyon-Slaney, The Hon. Alfred Tennyson, Mr. N. Fraser Tytler, Mr. H. Elliott, Mr. A. Cust, Sir E. Naylor-Leyland, Bart., Mr. R. T. Stanyforth, The Hon. D. G. Fortescue. Scorers: Mr. J. C. Wynne-Finch and Mr. G. C. Hercourt-Vernon.

The Australian team sent a telegram to Prince Edward, who has been to see them play, and is one of their most ardent admirers. They wished him many happy returns of the day, and said they hoped to play the winning team.

This message threw the little Prince into absolute ecstacies of delight, and not regarding the proposal as so impossible as some people imagined, he immediately applied to his royal father for permission to accept the challenge. His request is still awaiting the royal assent.

* * *

Grants for Physical Training.

The proposal of the Board of Education to include physical training among the subjects for which a grant will be given marks an interesting development in the work of evening schools and technical classes. The desire of the Board is to encourage exercises, arranged with due regard to the requirements of age and sex, and in order to ensure that the general physical development of the student, and not the grant itself, shall be the primary object of the classes, it is provided that the rate of 1s. 6d. per head may be reduced if at any time a class exceeds twenty members. The classes, which are not to be of less than half an hour or more than an hour's duration, are not, however, to lose sight of the

sound mind whilst developing a sound body. The managers are urged to induce the physical culture students to take up some course in art or science which may maintain the balance.—*Yorkshire Observer.*

* * *

An Ancient Bath.

Some time ago we presented to our readers drawings of two very ancient baths which, up to a few years ago, had been in active use. That the Romans knew the value of water has been frequently proved, and another example has just been brought to light at Chiswick, of which, through the courtesy of the owner of the property where the bath was recently discovered, Mr. Robert Emerson, we are able to give a representation. It was during the excavations for large blocks of flats which are being erected by Mr. Emerson on the site of old Sutton Court, at Chiswick, that the workmen came upon a filled-up chamber, and one wall had been partially demolished before the owner's attention had been drawn to it. He at once gave instructions that the filling in was to be removed carefully, which was done, with the result that a perfect chamber in good condition was found. This room measures 12 ft. by 10 ft. 6 in., and was composed of squared rubble chalk, and from the mortar with which the lumps adhere to each other, together with the floor, which is paved with what are known as "two-inch" red bricks, there was ample proof that the building was of Roman origin. From the various pieces of pottery which were found amongst the rubbish with which the chamber was filled, it was evident that it had been done somewhere about the time that Sutton Court was originally built, viz., 1650. Besides a number of coins, there were also fragments of English and German pottery of the 15th century, including a fine specimen of Fulham ware. The room has been inspected by numerous authorities, who express the opinion that it was once a Roman bath, largely from the fact that it is below the water level, and that the floor slopes with a groove to the centre, whilst the chalk at one corner is hollowed out, apparently by the continued action of running water, and there is a portion of the wall which has been filled in with brick where a flight of steps may have been leading down into the bath. It is known that one of the many small tributaries of the Thames flowed close to the spot, for the blue Thames mud has been excavated near by. A number of other interesting discoveries have also been made in connection with old Sutton Court, which was once the residence of the daughter

ROMAN BATH FOUND AT SUTTON COURT, CHISWICK.

of Oliver Cromwell, including a subterranean passage, which is believed to have connected the house with Grove House

OLD FULHAM POTTERY FOUND AT SUTTON COURT.

near by, and the Thames. Mr. Emerson has decided to keep the bath intact in its original position, and to build over it.

* * *

We have recently had an opportunity of testing the qualities of "Artox" Flour, which is manufactured by Appleyards, Ltd., of Rotherham, and have no hesitation in saying that it possesses all the advantages claimed for it. Unlike ordinary white flour, from which most of the good properties have been extracted in the course of manufacture, "Artox" has the best parts retained, and yet, whilst having all the advantages of wholemeal bread, it claims the niceties of white bread. We heartily recommend our readers to try it.

* * *

Physical Education in Sussex.

The following circular has been addressed to the various schools in the West Sussex district by the Chairman of the Education Committee:—

"To the public generally, and to the teachers especially, the health of the children is really a matter of great importance. It will save much trouble in individual cases, it will be of enormous advantage in the future, if we can detect and remedy incipient defects in the sight, hearing, or general health of the children, and by a practical system of exercises suited to their age bring about an improvement in the general health and strength of the rising generation. Is it not of real importance to ascertain carefully whether English people are advancing or going back in these respects? The Education Committee cannot spend public money in works of philanthrophy; application for relief in any such case must be made to the guardians of the poor, but surely it would not be too much to expect voluntary effort to do something. A little timely treatment by a doctor or surgeon, a pair of spectacles, or some simple instrument, would often make the difference between a child developing into a strong healthy man or woman or remaining a defective creature for life. Are we asking too much if we appeal to charitable people in West Sussex to avert this, and to the managers of the schools to bring such cases before those who are able to perform so true an act of charity."

Our Physical Culture Competition.

Note.—The results of the May Competition are unavoidably withheld until next week.

Sandow's Magazine Physical Culture Competition.

Having regard to the rapid strides in popularity which have been made recently by physical culture, and the fact that five years have elapsed since we instituted our Great Competition, which, as everyone knows, culminated in the mammoth gathering at the Albert Hall, we feel that the inauguration of this magazine in its new form would be a fitting time to revive the Competition which was such a signal success before. The conditions on the present occasion will be slightly varied in order to meet the altered state of things which prevail. It will be remembered that in the first great Competition all entrants were on an equal, but as this is obviously to the great disadvantage of those whose bodies are not fully developed, this time we shall give, each month, medals for two classes, full particulars being given in the conditions set out below.

Conditions of the Competition.

(1) The Competition will be for the purpose of encouraging physical culture amongst all classes.

(2) The judging will be from photographs (back and front if possible) and properly authenticated measurements on the coupon.

3) A Gold Medal will be presented each month to the one who in the opinion of the judges, shows the best development and most symmetrical measurements amongst (a) those eighteen years of age or under, and (b) those over eighteen years of age.

(4) No photos will be returned unless a stamped addressed envelope is enclosed.

(5) The right is reserved to publish any of the photos submitted for competition.

(6) **No winner in a previous competition is eligible.**

(7) The coupon on another page stands good until the last day of the month, and the awards will be announced in another issue.

(8) Competitors from abroad will be entered in the month of receipt of Coupon, providing it was sent during the month for which it is available.

As a new generation, so to speak, of physical culturists has sprung up since the first competition, it will be interesting to compare the general physique then and now.

And Editorial Chat.

Although I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on the opposite page.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

S. G. Urmson (St. Helens). — You are quite right; it is just a matter of choice. The method set out in "Strength" has many advantages, but there are some who prefer the alternative.

R. Garlick (Wellington).—Such an anthropometrical chart as the one you suggest would be most useful, but so far one has not been prepared. I should like to do the same for children also.

G. Ellison (Chester).—Your measurements are fairly symmetrical except the arms. Glad to know of your resolve.

K. L. Reynolds (Jerusalem).—Many thanks for interesting letter; will see what I can do. The competition is open to all.

Rob (Redditch).—(1) I should suggest the morning in your case, with a brief spell at night to relieve you after your cramped position. (2) No, but could no doubt obtain one for you. Write Manager, 131 Temple Chambers.

J. L. Connolly (Hove).—For your age, height and weight your hands are certainly abnormal; in fact, except perhaps Cyclops, I do not remember having seen larger in proportion.

Miss C. (Ashtead).—Many thanks for your interesting experiences, which I have reproduced (see No. 104).

Alpha (Rhyl).—(1) Pleased to hear that everything is quite satisfactory. (2) There are some objectionable reasons which are not apparent, but I will see if it is at all practicable.

The

Sandow Treatment

Curative Physical Culture.

For Cases of—

Indigestion.

Constipation.

Insomnia.

Loss of Vigour.

Nervous and Functional Disorders

There are many reasons why my treatment of the above-mentioned illnesses is rapidly being realised as the best and the only sure cure, among which the following will be of interest:—

Speedy Relief; Certain Cure.

To those who suffer the first question in considering any proposed treatment is, "Will it really give me relief and a permaneut cure?" My reply to this is, Firstly—To refer my readers to the opinion of DR. STANFORD READ, M.B., M.R.C.S., L.R.C.P., who, in a treatise upon Curative Physical Culture, recently said of my claim regarding my system of treatment by correspondence:—

"*After minute and careful investigation, I cannot help but confirm it, and regard the benefits likely to accrue as in no way overrated. To the medical mind it appeals most forcibly. My opinion is based on personal acquaintance with the method employed.*"

Secondly—I would refer to the few letters from amongst thousands I have received which show what my treatment has done in bad chronic cases. These letters are at the end of the book which I offer to send freely to any interested in the subject.

Medical Specialists' Opinion.

Thirdly—Quite a number of my cases are sent to me by leading medical specialists and practitioners who have tested the effects of my method.

DR. ROBERT BESWICK, M.R.C.S., L.S.A., writing of the Sandow Treatment, said: "*I was startled at the uniform success in case after case which I investigated, and even more surprised at the rapidity with which many obstinate cases of long standing which had proved irreducible by drug treatment yielded to the exercise cure.*"

My treatment is thus uniformly successful because it is the true and natural remedy in these troubles, and because I will only accept for treatment such cases as I am confident of curing.

What the Treatment is.

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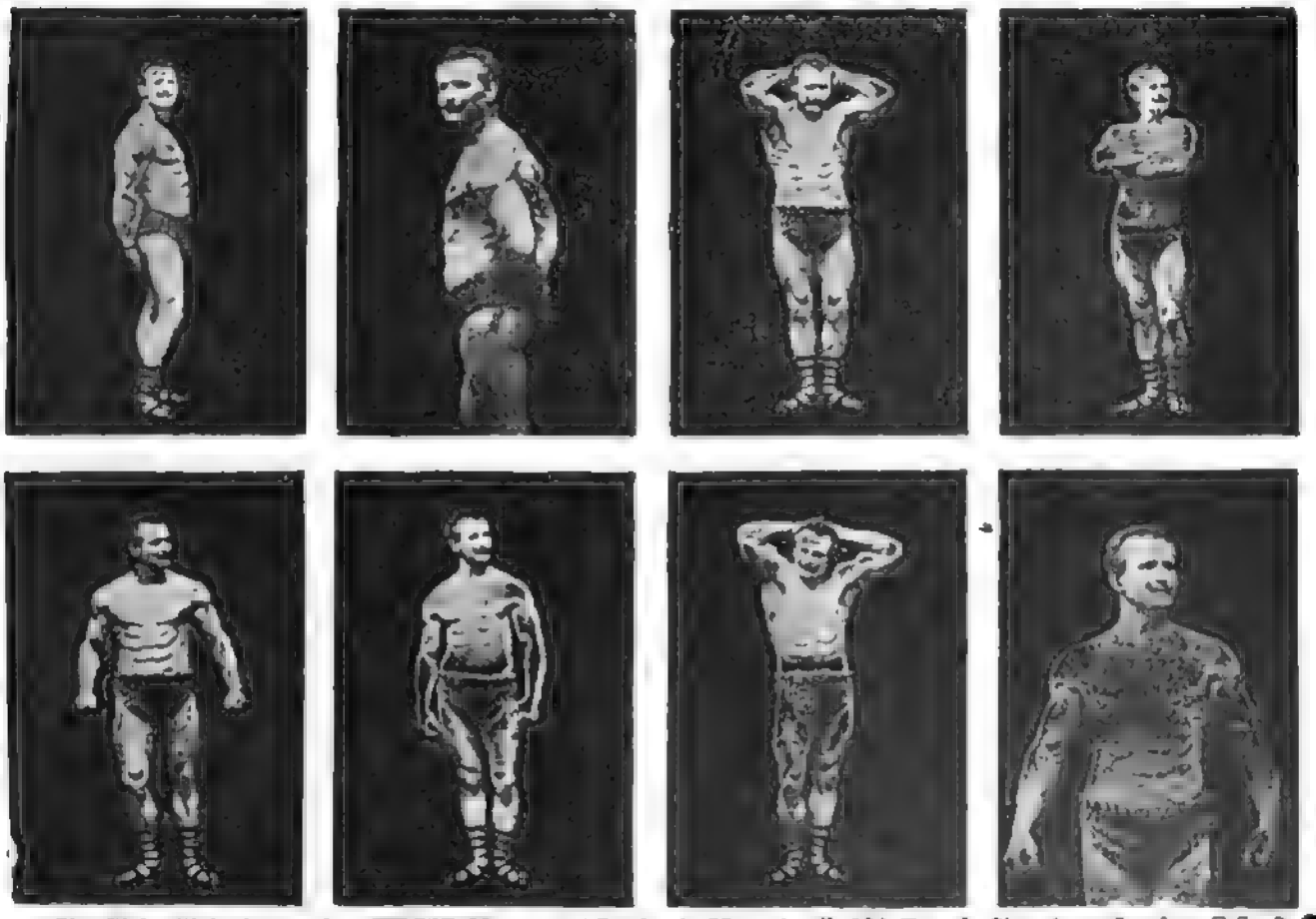

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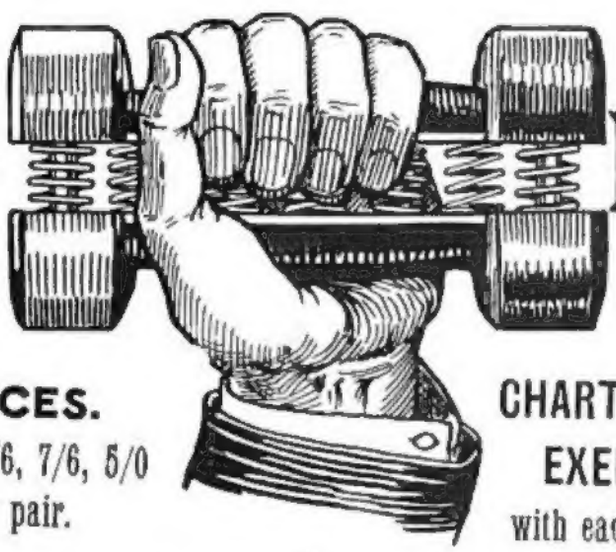

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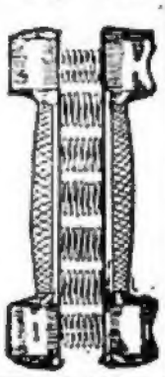

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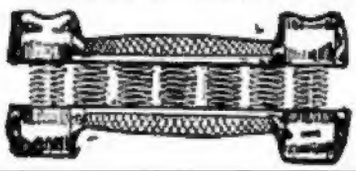

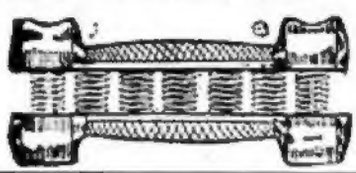

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